

Name/Title: Swimming Survivor Challenge - III

Purpose of Event: The purpose of this activity is for students to learn the steps for administering CPR.

Prerequisites: Use the same teams that were used for Swimming Survival Challenge I and II.

Suggested Grade Level: 9-12

Materials Needed: 2 CPR Dummies and a [CPR task sheet](#).

Description of Idea

After a short review of Red Cross swimming and spinal injury skills covered during the previous classes, talk about and demonstrate the use of CPR. Have students practice CPR on their own using an imaginary partner. While doing this, have one student from each tribe take notes on the teacher's lecture and demonstration. The students can then use these notes when they do their next challenge. After they have practiced these techniques in their tribe, give each tribe their next task sheet.

The sheet says:

YOU ARE WALKING ALONG THE BEACH AND YOU COME UPON A FELLOW TRIBAL MEMBER LYING FACE DOWN IN THE WATER. THE VICTIM IS BREATHING BUT CANNOT MOVE. WHAT DO YOU DO? (YOU WILL RECEIVE 5 POINTS FOR EVERY STEP SUCCESSFULLY COMPLETED. YOU CAN USE YOUR TRIBAL NOTES.)

The teacher might want to pick the victim and the rescuer from each tribe, and check each group off on a [CPR skills checksheet](#) that is prepared before class. The totals are added up and there is a Survival Challenge winner.

Submitted by **Chris Duerk** who teaches at McFarland High School in McFarland, WI. Thanks for contributing to PE Central! **Posted on PEC: 11/1/2001.**

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